



Pentagon Fit To Win Program

March 2013 Class Schedule



<u>Day</u>	<u>Class Title</u>	<u>Time</u>
1	Debrief/Exercise Orientation	1000-1100
6	*Weight No More (1 of 2)*	1100-1200
6	*Quit To Win/Tobacco (1 of 3)*	1200-1300
7	Cholesterol Management	1100-1230
8	Debrief/Exercise Orientation	1000-1100
11	Understanding Heart Disease	1100-1230
12	Sleep Fitness	1100-1200
12	Preventing Running Injuries	1200-1300
13	*Weight No More (2 of 2)*	1100-1200
13	*Quit To Win/Tobacco (2 of 3)*	1200-1300
14	Diabetes Management	0830-1100
15	Debrief/Exercise Orientation	1000-1100
18	Blood Pressure Management	1100-1200
19	Mindful Eating	1100-1200
20	Meal Planning	1100-1200
20	*Quit To Win/Tobacco (3 of 3)*	1200-1300
22	Debrief/Exercise Orientation	1000-1100
25	Fitness Over Fifty	1100-1200
25	Why Do I Hurt?	1200-1300
26	Stand Up and Move	1100-1200
26	Preventing Running Injuries	1200-1300
29	Debrief/Exercise Orientation	1000-1100

Call 692-8898 to register for FTW classes
*Provider referrals for the running shoe clinic and/or a
Runner's Program must attend the PRI class b4 receiving
an appointment.*

** Denotes that the classes must be attended in order (no
exceptions).*

All military & civilian employees assigned to the Pentagon are eligible to attend Fit To Win classes.
Call 692-8898 for assistance